

# In-Person Mental Health Training for Libraries

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*Julia Giantomasi*

Thanks to a generous grant from the National Network Libraries of Medicine Region 2, the New Jersey State Library invites you to attend the following in-person workshop trainings offered at five locations throughout the state. The workshops will be presented by the Mental Health Association of New Jersey and cover the following topics:

1. Self-Care for Librarians: Addressing burnout, mind and body wholeness.
2. Dealing with Crisis: For front desk who have to handle fraught customers and QPR suicide prevention certification.

Each session will provide additional community resources, access to information, and additional online training and support services available to the libraries, as well as access to annual mental health awareness and education materials, along with a direct line into the MHANJ Call Center for questions and consultation.

Please note: Attendance is limited to 25 per location and is open to one person per library.

## **Dates and Locations:**

- January 6 from 9:00am to 3:30pm – Cumberland County Library, Bridgeton
- January 13 from 9:00am to 3:30pm – Newark Public Library, 4th floor auditorium
- February 3 from 9:00am to 3:30pm – Elizabeth Public Library
- February 24 from 9:00am to 3:30pm – Atlantic County Library, Mays Landing
- March 10 from 9:00am to 3:30pm – Burlington County Library Headquarters

Lunch will be provided. Please indicate any dietary restrictions in the registration form.

**Click here to register [↗](#).**

Questions? Please contact Andrea Levandowski at [alevandowski@njstatelib.org](mailto:alevandowski@njstatelib.org)

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